

# UPDATE

OF THE TENNESSEE DEPARTMENT OF MENTAL HEALTH AND MENTAL RETARDATION

Volume 6 • Number 3

May/June 2000



*Mental Health Planning Council Outgoing President George Haley poses with his two daughters-Lisa (left) and Kathy-as he is presented a plaque documenting his contributions to the council and his efforts on behalf of persons with mental illness.*

## Haley Honored at Planning Council Meet

George Haley, who spent much of his life working to improve the quality of life for Tennesseans with Mental Illness, received special recognition at the May meeting of the Tennessee Mental Health Planning Council.

Haley was presented with a commemorative plaque in recognition of his contributions as a mental health advocate, which includes three-years as chairman of the council. His term in the office ended in May.

Haley's volunteer involvement with groups concerned with education and advocacy began when his daughter was diagnosed with a serious and persistent mental illness.

"Finding a support system, learning about mental illness and then deciding to become an active advocate came through the National Alliance for the Mentally Ill - Tennessee (NAMI-TN), then called TAMI," he said.

As time passed, Haley's involvement with TAMI grew, so much so, that in 1996, he closed his marketing consulting firm so he could work full time on behalf of consumers of mental health services and their families.

In 1996, Haley became president of the Planning Council. He is also its former vice president and for two years, chaired its Advocacy and Education Committee.

Other contributions include co-chairing the Tennessee Criminal Justice/Mental Illness Task Force and serving as chairman of the MTMHI Board of Trustees.

In 1994, when Governor Don Sundquist appointed his advisory committee on TennCare Partners, Haley was asked to serve as its chairman. He is also a past president of NAMI-TN. May was chosen as the appropriate time for the presentation because it is National Mental Health Month.

## Thomas Sellars Named MMHI Superintendent

Thomas V. Sellars, a hospital administrator experienced in psychiatric facility management became superintendent of Memphis Mental Health Institute effective May 1.



Sellars is prior administrator of the G. Pierce Wood Memorial Hospital, a 450-bed state operated psychiatric facility in Arcadia, FL.

In announcing the appointment, DMHMR Commissioner Elisabeth Rukeyser considers Sellars' acquisition for the position fortunate. "His 25 years of hospital administration is rich in practical experience. He has supervised major state psychiatric facilities and is versed in overseeing the complex daily operations associated with quality care.

"These experiences will prove useful in our efforts to maintain sound fiscal management, promote quality patient care, and good relationships in the community and among so many advocacy groups who support the program," she said.

Sellars earned a bachelor's degree in psychology from The College of William and Mary in Williamsburg, VA and completed a master's degree in hospital management at the Medical College of Virginia Commonwealth.

Other recent experience includes welfare program executive for the Bureau of Hospital Operations, Office of Mental Health in the Commonwealth of Pennsylvania and superintendent of the Wernersville State Hospital in Pennsylvania.

## Southeastern Co-Occurring Disorders Conference Set for October

Nashville is the host city for the 7th Annual Southeastern Conference on Co-Occurring Disorders, October 5-7 at the Downtown Doubletree Hotel.

Presented by Foundation Associates and the Mid-Florida Center, the conference features nationally recognized professionals who will discuss problems involving the co-occurrence of substance abuse and mental illness.

The faculty includes Westley Clark, M.D.,

director of the Center for Substance Abuse Treatment under the Substance Abuse & Mental Health Services Administration (SAMHSA). Clark is a noted author and educator in substance abuse treatment, anger and pain management, psychopharmacology and medical and legal issues.

Also featured are Mark S. Gold, M.D., professor of the University of Florida Brain Institute; and Kenneth Minkoff, M.D., Acton, MA, medical director of Arbour-Fuller Hospital.

Jointly sponsored by the DMHMR and the Department of Health, Commissioners Elisabeth Rukeyser and Fredia S. Wadley, M.D. will participate in the opening session.

For information, contact Therese Cathcart, Foundations Associates, 1302 Division Street, Suite 101, Nashville, TN 37203. Phone 615-256-9002. Toll free 888-869-9230. Website [www.dualdiagnosis.org](http://www.dualdiagnosis.org)

## Update

of the Tennessee Department of Mental  
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State of Tennessee  
Don Sundquist, Governor



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Ben Dishman, Deputy Commissioner  
Melanie Hampton, Asst. Commissioner  
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Barbara Brent, Deputy Commissioner  
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## Around the State

### Reynolds Named TennCare Director

Mark Reynolds, acting commissioner of the  
Massachusetts Division of Medical Assistance,  
was named director of TennCare in April.

Reynolds will manage Tennessee's \$4.3  
billion budget which provides medical care to  
1.3 million low-income, disabled and previously  
uninsured Tennesseans.

The Massachusetts program manages \$4.3  
billion in health programs that serve 940,000.

It covers persons who are eligible for  
Medicaid but does not include people who are  
uninsured or uninsurable.

Reynolds will also serve as deputy  
commissioner of the Department of Finance &  
Administration. He assumes the post effective  
June 5.

### New Employees Join Johnson, Hiwassee Mental Health Staff

The Human Resources Office of Volunteer  
Behavioral Healthcare System announced  
employee additions in its southern area.

Hiwassee added three staff with Dawn Webb,  
a housing developer, joining the Cleveland  
office; Donna Yeane, a crisis intervention  
specialist in the Cleveland Access Center; and  
Mary McGhee, receptionist in the Athens  
Outpatient program.

New hires to Johnson MHC include Cheryl  
Smith and Derek Phillips, intensive focus  
specialists with the Marion County program;  
Stephanie Cochran, adult case manager in  
Rhea County; and in Chattanooga, Charity  
Marquit, therapeutic foster care specialist and  
Lydia Wells, secretary for the TRACES  
program.



Mental Retardation's Donna DeStefano talks with Will Beckley of Ooltewah and Rachel Jones from Brentwood as they spent the day with DMHMR officials learning about mental health and mental retardation and how the department interacts in state government. The students were a part of the 47th session of the Tennessee YMCA Youth Legislature.

### Edington Named MR Asst. Deputy Commissioner

Greene County  
native William  
Edington, a veteran in  
planning and  
developing services for  
persons with mental  
retardation, was named  
assistant deputy  
commissioner in the  
Division of Mental  
Retardation Services (DMRS) effective  
March 1.



Barbara Brent, DMRS deputy commissioner,  
announced the appointment.

Edington attended Hiwassee Junior  
College and earned a bachelor of social work  
degree (magna cum laude) from East Tennessee  
State University in Johnson City in 1977.

His first five years of professional service  
were spent in the community working for two  
East Tennessee agencies. He joined the State  
of Tennessee in 1984.

Prior to this appointment, he held the post  
of director of Planning and Development.

### Retired Senator John Hicks Dies in March

Funeral Services were held in March for  
DMHMR Board of Trustee member and retired  
state senator John Hicks.

Hicks represented the 20th State Senate  
District of Tennessee (Davidson County) from  
1976 until 1992.

Prior to serving in the Senate, Hicks served  
in the Tennessee house from 1965 until 1976.  
He was appointed to the DMHMR Board in  
1990.

# Around the State

## DD Partners in Policymaking Graduates Announced

Eighteen people with disabilities or parents of children with disabilities received diplomas at a graduation luncheon at the Nashville Regal Maxwell House Hotel in May.

The graduates, members of the Partners in Policymaking Leadership Institute, (PIP) completed an intensive course on leadership training, sponsored by the Tennessee Developmental Disabilities Council.

PIP's purpose is to provide people with disabilities and parents of children with disabilities state-of-the-art information on disability policy issues.

Nationally recognized disability experts guide participants through seven weekend sessions, one weekend each month for seven months. Graduates are then able to use the skills they develop to positively alter disability policy at local, state and national levels.

The class of 2000 PIP graduates include:

- Shirley Armstrong, Columbia
- Sherrie Hugueley, McKenzie
- Sheila Butler, Cleveland
- Jim Kidwell, Watertown
- Kimbrough Cooper, Jackson
- Timothy Kruzan, Soddy Daisy
- Jeanette Dillard, Bradyville
- Gatha Logan, Chattanooga
- Claudia Featherstone, Knoxville
- Stephen Massengill, Knoxville
- Sherri Garcia, Portland
- Roberta Murphy, Bethel Springs
- Bonnie Gibson, Bartlett
- Wayne Parker, Nashville
- Mary Greene, Columbia
- Cheryl Spencer, Louisville
- Julie Hays, Alcoa
- Nancy Taylor, Petersburg

For an application for the 2000-01 Partners in Policymaking Leadership Institute class, write: Partners in Policymaking Leadership Institute; Tennessee Developmental Disabilities Council; DMHMR/DD Council; Cordell Hull, 5th Floor; 425 5th Avenue North; Nashville, TN 37243-0675, email [tnddc@mail.state.tn.us](mailto:tnddc@mail.state.tn.us). Or call voice: 615-532-6615, TTY: 615-741-4562, fax: 615-532-6964.

Vist DMHMR's Publications—  
UPDATE, Opening Doors/  
Changing Lives and  
Breakthrough on the web at  
[www.state.tn.us/mental](http://www.state.tn.us/mental)



Pictured at the Trauma, Violence and Abuse Conference (left to right) are Therise Cathcart, training and education coordinator for Foundation; Michael Cartwright, executive director of Foundation; Speaker Angela Browne, Ph.D.; and Richard Fields with FACES.

## Trauma/Violence/Abuse Topic of Conference

Psychologists, nurses, social staff and professionals on many levels recently took a close look at trauma when violence and abuse cause it.

The subject was the topic of discussion by a group of nationally renowned experts who gathered at the Sheraton Nashville Downtown Hotel for a southeastern conference in March.

Sponsored in part by the DMHMR and the Dual Diagnosis Recovery Network, the three-day event touched many areas including intimate rage, substance abuse, traumatic stress and mental disorders and treating adults with histories of childhood trauma.

Special sessions were held on *Creating Safe Schools* and *Child Abuse, Domestic Violence, Teen Homicide: The Links*.

Angela Browne, Ph.D., of the Harvard Injury Control Research Center of Harvard University's School of Public Health, reviewed the degree to which women live with the risk of physical and sexual assault from intimates.

She also noted the elevated levels of danger faced by women and children who live in poverty. Browne examined the lifetime prevalence of physical and sexual victimization among an ethnically diverse sample of incarcerated women in a large state's maximum-security prison.

"If we are to assess the intervention and prevention adequacy of current program efforts and criminal justice policies, we need knowledge of prior victimization among incarcerated women and girls," Browne said.

## Three Facilities Honor Volunteers

Clover Bottom Developmental Center, Middle Tennessee Mental Health Institute and Lakeshore MHI recently honored their volunteers.

### Clover Bottom DC

Last year 43 individuals and 50 groups volunteered 6400 hours at Clover Bottom DC, according to Volunteer Services Director Marti Cook.

Named Volunteer of the Year at the April 13 event was Reach Out Ministries under the direction of Rev. Lloyd Stinnett. This group has been a friend to Clover Bottom for over four years. Through the generosity of this ministry, many individuals have been able to attend special events in the community. Student of the year was Jessica Shantu Hari of McGavock High School who is assisting the Recreation Department. Another winner was Kelsey, a dog in the Pet Therapy Program.

### Middle Tennessee MHI

Volunteer coordinators Margie Yearwood, Sally Moore and Sandra Drennon honored

the MTMHI volunteers on April 14. Music was provided (on the keyboard) by Rick Kares, music therapist at MTMHI and by Ed Coogan, R.N., nurse instructor in Staff Development (on the harmonica).

### Lakeshore MHI

Lakeshore's May 3 event, under the direction of Volunteer Coordinator Marsha Shields, was attended by over 200 people.

The Bill Dexter Trio provided music for the event and Gloria Dessart entertained the group with "Volunteer Moments."

The Edward S. Albers "True Friend Award" went to Andrew LeVan, who has been making weekly visits to Lakeshore since 1980. The volunteer group which has been serving since 1986 was "Habit"—an animal assisted therapy featuring volunteers and pets. The Supervisor of the Year for volunteers on campus was Lori Rutherford from Riverbend School. The outstanding New Volunteer of the Year was Robert Hanky. And top honors went to Brenda Smith, Volunteer of the Year.



# Around the State

## States Offered Guidance for Implementing Community Services

A letter recently sent to state Medicaid directors by Timothy Westmoreland and Tom Perez of the Health Care Financing Administration provides a "first step" toward implementing the provisions of the *Olmstead* decision.

Last June, the U.S. Supreme Court in *Olmstead v. L.C. and E. P.* ruled in favor of two ex-residents of Georgia institutions who charged state officials with violating Title II of the Americans with Disabilities Act by denying them access to community services.

The letter says that according to the high court, states could show compliance by:

- developing a plan to place qualified persons with disabilities in less restrictive settings, and
- establishing a waiting list that moves at a reasonable pace not controlled by the state's endeavors to keep its institutions populated.

In a companion letter to the nation's governors, Health and Human Services Secretary Donna Shalala advocates for federal and state cooperation.

"Many states have led the way in designing innovative and fiscally responsible plans to enable more persons with disabilities to receive services in their communities instead of in institutions. The department is committed to continuing to work in partnership with you," she said.

## Centerstone, TCMC Test Schizophrenia Drug

Centerstone Community Mental Health Centers and the clinical research unit of Tennessee Christian Medical Center are conducting third-phase clinical trials of two new atypical antipsychotics used to treat patients with schizophrenia.

Results from the first two phases indicate the drugs are more effective in treating cognitive deficits and relevant auditory hallucinations than the drugs currently in use. Results also suggest improvements in the patients' rational thinking skills.

Dr. Joe Kwentus, medical director of Tennessee Christian's Clinical Research Program and Dr. Cynthia Turner Graham, Centerstone vice president for medical services, are in charge of directing the trials and collecting and submitting comparative data to the Food and Drug Administration.

An oversight committee was appointed by Centerstone to ensure patient care and treatment remains top priority as the program enters new research projects. The program does not participate in phase one programs or placebo outpatient trials.



DMHMR's Deputy Commissioner Ben Dishman and Mary Beth Franklyn, assistant to the commissioner in the Department of Children's Services were co-presenters at a Breakfast Seminar during the 87th Anniversary Session of the Tennessee Conference on Social Welfare. Their topic was "Serving Tennessee's Children with Serious Emotional Disturbance."

## NAMI-Tennessee Appoints Regional Directors

The Tennessee Chapter of the National Alliance for the Mentally Ill recently appointed regional directors in each section of the state to assist persons with mental illness and their families to find appropriate treatment and support.

A spokesperson for the group said Peggy Pool has been chosen to work with NAMI chapters in East Tennessee.

Debi Wheatley of Columbia serves Middle Tennessee. And the regional director for West Tennessee is Pansy Baker.

Through more than 30 local affiliates, NAMI offers a free eight-week course - Journey of Hope — for families with a member who has mental illness. The curriculum includes diagnosis, treatment and management.

Participants learn to cope by meeting other families who are dealing with the same issues.

## Kennedy Professionals Join Kansas Staff

Two long-term child education specialists with the Vanderbilt John F. Kennedy Center in Nashville joined the professional staff of the University of Kansas (U.K.) in January.

Steve Warren was named director of the Kansas Mental Retardation and Research Center and Developmental Disabilities Research Center. He is also a professor of human development.

Eva Horn joined the U.K. Department of Special Education as an associate professor.

Warren, with the Kennedy Center for 17 years, most recently served as deputy director of behavioral research and director of the Mental Retardation Training Program.

Horn provided leadership to the Early Childhood Special Education and Preparation of Early Intervention training programs. She was with the Kennedy Center for 10 years.



DMHMR's Assistant Commissioner of Mental Health Services Melanie Hampton and the Department of Health's Dr. Stephanie White-Perry, who directs the Bureau of Alcohol and Drug Abuse Services, headlined an April meeting in Nashville involving dual diagnosis and the development of a new Training Manual for Co-Occurring Disorders.

# Around the State

## MTMHI's Over the Rainbow Drop-in Center Enjoys Success

Vicki Pruitt, patient rights advisor at Middle Tennessee Mental Health Institute, says that Over the Rainbow, a drop-in center, established last fall at MTMHI is going "full force" at providing services to patients.

Pruitt said that Joe Carobene, MTMHI superintendent, asked staff last summer to look at ways to make the center a reality.

The first of its kind in a mental health institute, the program is the result of an advisory council, which includes staff, patient and persons from community drop-in centers. Barbara Nightingale extended treatment program director chairs it.

Becky Smith and Fran Sasser of "Friends Helping Friends," a Nashville drop-in program, were especially helpful.

## McNabb Center Wins National C&Y Award

The Helen Ross McNabb Center was awarded a National Council for Community Behavioral Healthcare Award of Excellence in May.

The award, in the Special Programs for Juvenile Justice category, was presented at the National Council's annual training conference in Washington, DC.

McNabb's East Tennessee Integrated Treatment (EXIT) Program is an intensive aftercare and reunification program serving an estimated 120 children annually who are committed to the Department of Children's Services (DCS).

EXIT provides intensive probation and mental health services to assist children to transition to home and community when they are released from DCS.

Staff who operate EXIT, believe that community based and family centered treatment is key to successful integration into the home and community after residential placement.

Collaboration with parents or guardians begins when the youth enters the DCS residential facility. Full time crisis intervention is available. Counselors have pagers to provide children and families access to mediation services, important to resolving conflicts, and in turn, diverting delinquent behavior.

The majority of children served by EXIT live in the inner city, are from low-income families, have a substance abuse disorder and/or mental illness.

The program, funded by the DCS, has a low recidivism rate. In Fiscal 1998, it served 122 youths with only 15 returning to custody. In 1999, only 11 of 113 served, returned.

## Commissioner Speaks At Mental Health 2000

Commissioner Elisabeth Rukeyser was leadoff speaker at Mental Health 2000—New Trends In the Treatment of the Mentally Ill—sponsored by Educational Resources.

Other speakers at the Nashville event included Dr. Beth Baxter, a Nashville psychiatrist; Dr. Herbert Meltzer, director at psychopharmacology at Vanderbilt Medical Center; and Pam Womack, Mental Health Cooperative.



## Senior Focus Opens

Senior Focus, a program to provide mental health services to adults, age 55 and above, opened recently in Nashville.

The program, operated by Centerstone Community Mental Health Center, uses a multidisciplinary team approach. Services are provided by a psychiatrist, licensed clinical social worker therapists, nurse practitioner and case managers.

The team recognizes that anxiety, depression and other mental health disorders are not a normal part of aging. Such illnesses can be successfully treated with medication, therapy and social support.

Case management services are provided in the home and are designed to assist the person to obtain and use supports, resources and services to maintain independence in the community and experience a satisfying and productive life. For more information contact Sheila Levine at 615-460-4430.

## MMHI Nurse Wins Health Hero Award

Carolyn Adams, a registered nurse with Memphis Mental Health Institute (MMHI) since 1970, was among 24 care providers honored May 4 as "Health Care Heroes" at an annual health care banquet in Memphis.

Adams, former nurse manager for the MMHI Sequoyah Center for Children and Adolescents, and now program services nursing supervisor at MMHI, won the top award for her category, health care provider - non-physician.

She is currently responsible for ensuring that staffing patterns are met, in addition to acting as a liaison between the hospital and nursing agencies that provide supplemental staffing.

She supervises the shift nursing supervisors, admissions office, and the staffing coordinator. Because of her vast experience, she is viewed as a resource and consultant for program services.

Sponsored jointly by the *Memphis Business Journal*, Baptist Memorial Health Care Corporation, First Tennessee Bank and Planet Rx, the banquet honors individuals and organizations that represent the "spirit embodied in the healing arts." It pays tribute to those "committed to improving health care but rarely receive the recognition they deserve," according to a spokesperson.

Adams, who lives in Germantown, completed her pre-nursing training at Memphis State University. Her diploma in nursing was earned at Baptist School of Nursing in Memphis.

## Happenings

- Dr. John W. Cain II, a veteran psychiatrist, has been named director of Stones River Hospital's Riverside Center in Woodbury. Cain, a graduate of the James H. Quillen College of Medicine, completed a residency at Vanderbilt. Riverside specializes in serving older adults.
- Lawrence A. Edwards, Ph.D., was named director of the Dede Wallace Mobile Crisis and Hospital Liaison teams in March. Mobile Crisis coordinates crisis intervention services with local health care providers, law enforcement and community agencies to assist individuals and families. Hospital Liaison coordinates follow-up for individuals who have been hospitalized for psychiatric treatment. Edwards holds master's and doctoral degrees in clinical/social psychology from Hofstra University in Hempstead, NY.



- Many successes resulted from the recent Johnson Mental Health Center 10K Road Race in Chattanooga. Aaron Baird and Van Townsend covered the course in 34 minutes. Jan Gautier led the women, running a 37:13 and placing sixth overall. Herb Spittler and Marianne Douglas who are both in their seventies set state age group records. The event is held annually to raise awareness of mental illness.
- Representative Page Walley (R-LaGrange) was awarded the True Friend of Children Award by the Tennessee Association of Child Care. Walley sponsored legislation to form a three year work plan to expedite the treatment and placement of over 11,000 children in state custody. The legislation was passed by the General Assembly.

# Around the State



Joe Swinford (DMHMR's director of Consumer Affairs and Advocacy) and wife Lynette see that daughter Haley Lawson enjoys the day at the Nashville Zoo at Grassmere. Haley shows off her face painting—one of the many activities throughout the park.



"Unmask Your Feelings" Art Contest winners are pictured with Assistant Commissioner for Mental Health Services Melanie Hampton. First place awards went to Ashley Hammer and James Terwilliger; Second place winners were Chelsea Barnett-Cannon and Caitlin Hock; third place winners were Stephanie Siler and Patricia Dunn; and honorable mention went to LaToya Head and Samara Hopkins.

## Children's Mental Health Week Features Depression Screenings, Zoo Trip

A trip to the Nashville Zoo at Grassmere and free depression screenings for children across Tennessee were part of the observance of Children's Mental Health Week in May.

**Children's Mental Health Week is designed to promote awareness and to provide information regarding children's mental health.**

Featuring the theme - 2000 Feelings Unmasked - a variety of activities promoting children's mental health issues were scheduled.

The event was sponsored by the Children's Mental Health Week Coalition.

This group includes Advocare of Tennessee, Centerstone/Dede Wallace Centers, the Mental Health Association of Middle Tennessee, Mental Health Cooperative, the Regional Intervention Program, DMHMR, Department of Health's Children's Services, the Tennessee Respite Network, Tennessee National Guard and Tennessee Voices for Children.

Also participating were AmeriCorp, American Express Corporation and Hands on Nashville.

## Calendar 2000

### September 22-23

National Alliance for the Mentally Ill of Tennessee (NAMI Tennessee), 17th annual Convention  
Riverview Inn,  
Clarksville, TN  
1-800-467-3589

### October 16, 7 p.m.

Off-Broadway musical "Balancing Act"  
Featuring Wambui Bahati  
Ryman Auditorium  
Nashville, TN  
Hosted by NAMI Tennessee

## Metro Nashville Teen Suicide Attempts Almost Twice That of U.S.

From: *The Tennessean*

Fifteen percent of Nashville high school students surveyed last year said they had attempted suicide, according to Metro health officials.

That figure nearly doubles the percentage reported in state and national surveys, officials said.

Vanderbilt University psychiatrist, Dr. William Bernet said the figures might be high because young people tend to interpret suicide attempts broadly.

"It's possible some kids answer that question even if what they did was really minimal," he said.

Reports from the U.S. Center for Disease Control and Prevention in Atlanta say that 2 million American teens attempt suicide each year and 2,000 die as a result.

Last spring, 1,266 Metro public high school students completed a nationally standardized Youth Risk Behavior Survey, which asks questions about a variety of risky behaviors, including smoking, alcohol and drug use, sexual activity, and not using seat belts.

Compared to national averages, Nashville students were less likely to smoke cigarettes or drink alcohol. But they were also less likely to use seat belts, and they were more likely to be sexually active, use marijuana, and to attempt suicide within the past 12 months.

Bert N. Perkey, director of health assessment and evaluation in the Metro Health Department, said the survey was conducted for the first time in Nashville last year.

Results imply that an estimated 2,400 of Metro's 16,000 high school students attempt

suicide each year. Few are successful - only about four suicides in Nashville, aged 15 to 19 are reported each year.

But according to the survey, 6 percent of students required medical attention because of a suicide attempt - again double the state and national percentage.

Perkey hopes to repeat the survey this year to determine if there are changes.

Other findings of the survey include:

- 25 percent of Metro students said they rarely or never wear a seat belt, compared to 19 percent nationally.
- 30 percent said they had used marijuana during the past month compared to 26 percent nationally.
- 40 percent said they had had sexual intercourse compared to 35 percent nationwide.



# State Honors Top MH/MR Employees

Tennessee's five mental health institutes, three developmental centers and the central office recently selected an individual from their work force as their top employee.

Of these workers, one will be chosen as the 1999 Employee of the Year for the department and honored in special ceremonies in Nashville.

Providing services to the hundreds of Tennesseans who are in the care of our state operated facilities is no easy task, said Commissioner Elisabeth Rukeyser.

"The nature of the difficulties they face demands a special dedication not often required in the world of work."

Rukeyser said the names of departmental employees of the year are engraved on a permanent plaque, which hangs in the Central Office. Individual plaques are also presented to those honored. The top employees include:

## **Tillman Thomas, Lakeshore MHI**

Psychiatric Technician Tillman T. Thomas consistently performs duties and responsibilities in a superior manner, according to supervisor Stochia Brantley.

Thomas, employed in Adult Program Services, treats consumers and co-workers as customers and always has a goal of providing services above expectation.

A major quality is his ability to talk with consumers whether it's intervening to redirect angry or upset feelings or providing comfort when it is needed. Thomas co-leads the Lakeshore staff crisis prevention/intervention-training program.

## **Carolyn Adams, Memphis MHI**

Carolyn Adams, MMHI's program services nursing coordinator, supervises admissions, the lab, central supply and serves as staff coordinator liaison with contracting nursing agencies. She monitors staff standards to ensure they are met.

Supervisor Jeanne West-Freeman says Adams is dedicated to patients. When bad weather is forecast, she brings extra clothing so she can stay on duty sometimes for days. "She works throughout the day and night, encouraging staff to come in (or stay over) to ensure adequate staffing," she said.

Jamie Holmes, staffing manager of Healthstaff, a contract agency that provides supplemental nurses to MMHI, submitted Adams name as a "Celebrate Nursing" nominee.

## **Betty Lee, MTMHI**

In 1982, Betty Lee of Hendersonville joined the Middle Tennessee MHI staff as a food service aid in dietary services.

After 15 years, she became a custodian worker in the Environmental Services Department. She's known as a caring person with a sense of responsibility. She goes out of her way to assist

patients and work with staff.

Supervisor Leon Sanders says she's always on time and does her work without prompting. "Without Betty Lee and others like her, this facility would not be as presentable and certainly not be up to standards, as proven by our last survey."

## **Bernice East, Moccasin Bend**

Bernice "Nikki" East has been a psychiatric technician at MBMHI since September of last year. Prior service includes a term as psychiatric teacher assistant in the facility's Children & Youth Program, which closed last year.

Supervisor Sheildia Scheer says East has shown exceptional willingness to work with clients with handicaps. She's well experienced in this area having worked at the Siskin Hospital for Physical Rehabilitation prior to joining Moccasin Bend.

"The nature of the difficulties they face demands a special dedication not often required in the world of work."

—Elisabeth Rukeyser  
Commissioner

## **Margie Pirtle, Western MHI**

Margie Pirtle, a psychiatric technician, works in adult services. With Western since 1977, Pirtle, among other duties, trains and orients new technicians, supervises tech staff and assists in the daily operation on the unit.

Supervisor and unit nurse manager, Lois Thacker, says her "outgoing nature and enthusiasm is an inspiration to all who work with her. She is dedicated to caring for her patients and shares their joy when they are able to return to the community."

She's also a great help to staff. She recently participated in an improvement team that resulted in reducing mandatory overtime in nursing. She serves on the WMHI Employee Relations Council and is a "baseball mom" for the Whiteville Elementary School.

## **Chandra Johnson, Arlington DC**

As Arlington's training coordinator, Chandra Johnson is responsible for working with people. She supervises new employees in a 15-day orientation. She also coordinates schedules and evaluates training for new and career employees. Very often, she is called on to teach specific courses and provide statistical reports on training completion and compliance.

Supervisor Shirley Johnson-Jones, who is

director of Central Monitoring, says Johnson is an excellent employee who gives 200 percent to her job.

"She sees that new employees are provided a complete orientation to their jobs and to their work unit. She is available to clarify work assignments and resolve problems.

A graduate of Lane College in Jackson, Johnson has been a state employee since 1983. She joined Arlington in 1991 as a residential program specialist.

## **Martha Anderson, Clover Bottom**

Martha Anderson, a developmental technician since 1978, does those extra things to make the lives of the people she supports happier, safer and more productive.

Supervisor Carlene Perez says one example of Anderson's caring is evidenced when she alone nurtured and coached a person to walk when that resident was stricken with an illness that prevented mobility. "Martha Anderson is dedicated, unselfish and always puts others first. She exceeds her job responsibilities. And her dedication and attitude is recognized by all who work with her."

## **Jackie Dalton, Greene Valley DC**

Technician Jackie Dalton works in Rosewood Cottage, a residence housing persons with significant physical and medical challenges.

He provides direct living care, which includes bathing, mealtime assistance, dressing and other personal assistance. But he offers more than just personal assistance. He is also a friend. Last fall, Dalton learned about Carl, a Greene Valley resident who was terminally ill. Carl was a wrestling fan, just like Dalton. This common interest spawned a friendship.

Dalton spent time with Carl, bringing him gifts and cards. He even painted Carl's face to look like Sting, a world class wrestler. This pleased Carl so much that he would not allow his face to be washed. Dalton gave a lot of caring to make Carl's last days so very enjoyable.

## **Lolanda Allison, Central Office**

Lolanda Allison is a mental health program specialist in the Office of the Medical Director. She is responsible for maintaining statewide rater database and for providing support to all CRGs raters and trainers. Supervisor Luci Pincince reports that Allison accepted additional duties when the workload increased because of the TennCare appeals process.

"In a time when staff was reduced, she accepted the responsibility and maintained the integrity of the Assessment Unit's mission. I am proud of her ability, professionalism and willingness to pitch in and get the job done despite long hours and extensive travel," she said.



**CLOVER BOTTOM DEVELOPMENTAL CENTER HOLDS SPECIAL SERVICE**—A former employee and a former resident were honored at a dedication service in May. Above, a plaque naming the Palacio lobby in the Assistive Technology Building, was given in honor of Dr. Gustavo "Gus" Palacio, a former medical director for 23 years. He was described as a man of courage who was dedicated to serving people with developmental disabilities. From left are Alvora Palacio, his son; Angela Palacio, his wife; Angie Bagley, his daughter and CBDC Superintendent Frances Washburn.



The Beveridge Pavilion was dedicated in honor of former resident, Anne Taylor Beveridge, who was described as "an inspiration to all who knew her and who touched the child in all of us with joy." Pictured are CBDC Superintendent Frances Washburn along with Mark Beveridge (Taylor's father) and family.

## Ten Year Forecast of Mental Health Trends Presented

"No area of health will see more changes in the next decade than mental health," according to Laurie Flynn, executive director of the National Alliance for the Mentally Ill.

Flynn made this comment at a recent press briefing hosted by the Robert Wood Foundation in Washington, D.C.

Her remarks followed a release of a landmark study, *Health and Healthcare 2000; The Forecast, The Challenge*, prepared by the Institute for the Future.

"The three biggest drivers of change in health care," said Flynn "are science and research; the information revolution; and consumerism." Key trends in mental health care include:

- With sophisticated electronic imaging techniques that allow researchers to see into the living brain, scientists can discern areas of the brain that malfunction during specific illnesses and

soon may enable treatments to be targeted more effectively.

- In the near term, we will be able to treat severe depression more effectively and perhaps reduce the rising suicide rate.
- Better targeted treatment and a new generation of antipsychotic drugs offer major hope for better outcomes for people with schizophrenia, which is the most frequent diagnosis in the nation's homeless population.
- The new science will allow policy makers to prioritize between serious brain disorders and more ordinary mental health problems, such as stress. Health insurance parity laws in many states already make this distinction.
- Policymakers will demand greater accountability for hundreds of millions of dollars that now support a fragmented, inadequate and failed public

mental health care system. A "new image of mental health" will emerge, focusing on early recognition, effective treatment, rehabilitation and recovery for most patients.

- The Internet is helping to overcome the stigma of mental illness. It preserves anonymity while providing information about treatment options, current research, screening tests, on-line question and answer sessions with practitioners, and virtual support groups.
- New medications are being advertised directly to millions of potential consumers, further changing the balance of power in the physician-patient relationship. Consumer demand will remain a force in a highly competitive market. More aggressive advertising of new products can be expected.



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